262 the rural families to enjoy fresh meat throughout the year. The consumption of milk and butter, on the other hand, rates among the highest in Europe, and the same is true of potatoes. Conversely, sugar consumption in Finland is among the lowest in Western Europe.

262 146 In spite of its monotony, the Finnish diet is estimated to be quite adequate because of the high consumption of milk and whole cereals. It contains about 112 grams of protein and 84 grams of fat per day per person, and sufficient amount of vitamins A, B and C. Dietary deficiency diseases are unknown in Finland, except for rickets in small children, and lately even this has virtually disappeared in most districts.

• 264 In the farmhouses three meals are eaten per day, at 7:00 A. M., at noon, and at 6:00 P. M. In addition, there are intervals of coffee

264 drinking at 10:00 A. M. and 3:00 P. M., and the coffee pot is kept warm on the hearth all day long. Among city people these times differ slightly. The first meal of the day, at 7:00 or 8:00, is very light, and breakfast--or lunch--is eaten at 11:00 o'clock, while dinner, the principle meal of the day, follows at 4:00 or 5:00 P. M. The high point of the day is the afternoon coffee, around 1:00 or 2:00 P. M. Coffee parties are frequent, and the hostess prides herself on the multitude of cakes, cookies and tarts she has baked, especially on a "name day" celebra-
527 tion. (Finland and Sweden have a calendar in which each day is dedicated to a different personal name, and these occasions are observed much more carefully than birthdays.)

262 In the country important occasions, such as
527 weddings, anniversaries and even funerals, are